



Tallil Times

IN BRIEF

Memorial Walk/Run

The 407th Expeditionary Services Squadron and the Marine VMAQ2 flying squadron are sponsoring a memorial Walk/Run Saturday in support of a fallen Marine and the family he left behind in the States. The Corporal Shane Kielion Memorial Run will feature 5 and 10K runs along with a 2-mile walk. The run will begin Saturday at 10 a.m. in front of the Group Headquarters building. For more information, people can contact Marine Capt Will Grant at 459-0405, 1st Lt. Jason Guadalupe 459-0020 or Tech. Sgt. Eric Caley at 459-0136. The 407th ESVS has also placed a collection box for donations at the Hot Spot.

Off-Duty Education

The Learning Skills Center here at Tallil Air Base offers CLEP, DANTES, Excelsior, CDC, ACSC, SOS, Air War College Testing and other off-duty education opportunities. Their office is located in Bldg I-1, the brown Conex across from the Cyber Café & Library. Hours of Operation are 8 a.m. to 8 p.m. Monday through Saturday. For more information, call at 459-1212.

Tallil Times Back Issues

With the migration of the local shared drives, the Tallil Times back issue archive has moved. Every issue of the Tallil Times ever created is available to 407th Air Expeditionary Group personnel on the new shared drive at S:\407 AEG\Public\PA\Tallil Times Archive. Issues are sorted in folders by year and month originally published. Call the Public Affairs office at 459-0002 if you have any questions.



Photo by Airman 1st Class Jeff Andrejchik

A C-130 aircraft assigned to the 777th Expeditionary Aerospace Squadron arrives here at Tallil Air Base early Sunday evening. The flying unit from Little Rock Air Force Base, Ark. moved its operations from Manas AB in Kyrgyzstan to here this week.

C-130 unit arrives at Tallil AB

777th EAS 'Dueling Dragons' move operations from Manas

By Master Sgt. Don Perrien

407th AEG Public Affairs

The Tallil Air Base flightline is a bit more crowded this week as the 407th Air Expeditionary Group made room for an additional four C-130s to base their operations here.

The planes and personnel of the 777th Expeditionary Aerospace Squadron, based out of Little Rock Air Force Base, Ark. started arriving earlier this week from Manas Air Base in Kyrgyzstan, making Tallil the hub of airlift support for southern Iraq.

"Once these planes are in place, Tallil will be able to move a lot more people and material," said Lt. Col. Reggie Selby, 407th AEG deputy commander. "We'll be moving anything that fits on a C-130 throughout the AOR."

Even as the unit arrives at Tallil, their mission is already underway. Actually, it never stopped, according to the squadron's commander.

"We never stopped flying our missions," said Lt. Col. Dan Dagher, 777th EAS commander. "As we set up here, our unit simultaneously flew Operation Enduring Freedom missions into Afghanistan."

According to Colonel Dagher, establishing operations out of Tallil Air Base has been challenging but rewarding in seeing a job well done.

"It's been a lot of hard work, basically just picking up an entire flying squadron while continuing to operate," Colonel Dagher said. "But thanks to the hard work of everyone involved, we've made it happen."

Making it happen involved the help of almost every unit deployed to Tallil.

The C-130 flying units will add almost another 200 people to the Tent City population, and these people will need places to live, work and eat.

Most of the work fell to the current mem-

See C-130s, page 4

Around Tallil Air Base

This has been a week for recognizing our outstanding Airmen deployed here to Tallil Air Base.

Monday, the 332nd Air Expeditionary Wing Commander, Col. Blair Hansen flew down to spend the day with our people here. During the morning staff meeting, he recognized 18 firefighters who received "Sharp Saber" awards. These Airmen were recognized for their actions in assisting with the Army UH-60 Blackhawk helicopter which crashed on our flightline in September.

Also this week, our Combined Federal Campaign keyworkers were given certificates marking their efforts in this year's CFC collection. As a group, we collected more than \$25,000 for use in supporting programs ranging from supporting wildlife preservation initiatives to providing care for sick and injured children.

It is through the continued efforts of all our outstanding Airmen that we make a difference in the lives of people here in Iraq and around the world.

You may have noticed a lot of new faces around Tallil's Tent City. Not only has the rotation of AEF 3/4 started to add some extra people to our community, but the arrival of

the C-130 unit from Manas AB has brought us a new group of people here to Tallil.

Please take the time to give our new arrivals a warm, friendly welcome to Tallil. There are many opportunities available for everyone to make their time deployed here productive and beneficial on a personal level. From our Cyber Cafe, to the Hot Spot to visiting the Ziggurat of Ur, there's an awful lot to see and do when we're not busy completing our mission.

The area around the DFAC continues to be a magnet for unsafe situations. Please be careful when walking or driving around the dining facility. Drivers should use only approved parking areas and pedestrians should use caution when crossing busy roadways and intersections.

The last few weeks of a deployment are often the most dangerous from a safety aspect. People start to cut corners and take unnecessary risks in their day-to-day tasks.

In the last rotation, the most serious accidents occurred in the last few days of their deployment. We're all in a hurry to return home, but take the time to practice safe measures in our work — so no one has to go home missing fingers, toes or even their life.



Tallil Talks ...

What's one thing you'll remember about your deployment here to Tallil?



*Senior Airman
Celia Morse,
407th ESVS:*

"The rain storms. Because they almost blew my tent down around my head!"



*Senior Airman
Mark Pagliuca
407th EMDG:*

"Watching a Medevac Blackhawk come in to land from the emergency pad."



*Tech Sgt.
Stephan Gross,
407th ECS:*

"I'll remember the fine dining at the Italian Dining Facility."



*Chief Master Sgt.
John Baker,
407th AEG Group Staff:*

"The professionalism and dedication of the troops in getting the job done here at Tallil."



The Tallil Times

EDITORIAL STAFF

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Deadline for publication is 2 p.m. Thursday before the week of publication. For more information, call 459-0002, or e-mail the staff.



They were there for me all along

By A1C Lauren Sixbey

90th Space Wing Public Affairs

F.E. WARREN AIR FORCE BASE, Wyo.—For no apparent reason, a co-worker asked to speak with me in his office. After the door clicked shut he said, “Word on the street is you’re not doing so well.”

I was floored. How could I have let it show? I’d been doing such a good job of hiding it. The past three months of carefully shrouding my thoughts and true feelings were being called out on the carpet. I didn’t know what to say. Then a feeling of relief washed over me.

Three and a half months earlier I had said goodbye to my husband, a Marine deploying to Camp Fallujah, Iraq, for seven months.

I will never forget our last moments together. It wasn’t like I thought it would be. In the movies there are dozens, if not hundreds of people saying their goodbyes as well. There is somber yet heroic music being played in the background and there are tears aplenty.

When we arrived at Camp

Pendleton, Calif., in the middle of the night on Aug. 7, there were no more than 15 other Marines and only one other wife.

A burly staff sergeant was there barking orders. We spent nearly an hour just getting his things in order. He was busy getting his weapon and ammo issued, while I tagged his sea bags and picked up his three MREs.

When there was nothing else to do but wait, we sat in near silence on the cold pavement and held each other knowing it would be more than half a year before we’d be able to see each other again.

Neither of us cried then, probably because we didn’t want to draw the attention of the other Marines. All of a sudden the same staff sergeant who was issuing orders yelled, “Devil Dogs, get on the bus!” According to my husband’s itinerary he wasn’t supposed to leave for another hour. I easily forgave the staff sergeant though. It was an excruciating time and I was almost relieved that the horrible good bye was over.

I went to work the following Monday morning like nothing had happened. I put on a brave and cheerful face so that no one would guess my anguish.

Unfortunately it worked. Everyday I went to work my co-workers asked me how I was doing. I smiled and always gave a similar positive response. I have always been good at hiding emotions.

After an especially difficult few months, dealing with my husband’s deployment and a particularly hard personal issue, I was at the end of my rope. There are no support groups for someone like me who is in an inter-service marriage without a joint spouse assignment. I sank into a depression unlike any I’d ever experienced.

On Nov. 12, during Air Force Space Command’s Wingman Focus Day, I acted like everything was fine as usual. The office staff went to the club for lunch and to play pool. The following Monday was when my co-worker talked to me.

I don’t know what came over me, but at that moment everything that

had been held up inside for the past three and a half months came spilling out. He sat there patiently listening to me. Before I left the room he set up an appointment for me to talk to one of our chaplains the same day.

I always knew that chaplains were there for us, but I didn’t think my problems were severe enough to merit getting help. The calmness I felt as I left the chapel that day was incredible.

Neither my co-worker nor the chaplain judged me. My greatest fear was unfounded. If only I hadn’t been so afraid a few months ago, I probably would have spared myself a lot of pain.

I don’t know if it was our focus day that prompted my co-worker’s concern or if it was something he had been thinking about for a while, but I’m glad he took the time out to help me. I know that the next few months will be much easier than the last few because I have got a support system all around me. They have been there the entire time; I just never noticed.

Setting realistic goals is a SMART thing to do

By Senior Master J. Bernie Fierro

407th Expeditionary Medical Group

With New Year’s Day being just around the corner, chances are you have thought of some resolutions that you would like to make for 2005.

For those of us who are winding down our rotation, identify a positive change that you have made while deployed here and vow to continue these upon return to homestation. For those who have just begun their rotation, determine a positive change that you can make while here at Tallil.

You will be surprised at the sense of satisfaction and accomplishment that fulfilling your New Year’s resolution will bring.

Year after year we make these resolutions, but rarely follow through with them. How can this year be any different?

The answer is simple, really. Many times

we establish unattainable goals for ourselves.

For instance, making a New Year’s resolution of winning the lottery, while a nice idea, you don’t have much control over it. The key to achieving your New Year’s resolutions is to be **SMART** in your goal setting.

A **SMART** goal is one that is **Specific, Measurable, Attainable, Rewarding, and Timely**. Forget just one aspect of the **SMART** principle and the odds of you completing your goal decrease immensely.

Specific goals clearly show what it is you want to achieve, and increase the likelihood of success. When you work on making your goal specific, you commit to the accomplishment. Then you will be focused on the goal, instead of the obstacles.

Measurable means you have a way to measure the progress and some specific cri-

teria that will tell you when you have achieved the goal. Progress is an important motivator.

Attainable means that there is a realistic path to achievement, and reasonable chance that you get there. You want the goal to be a challenge, but still within your reach.

Rewarding yourself is important to facilitate commitment to the achievement. This will ensure that the goal is really worth achieving. When you are feeling stuck, remember the reward that the accomplishment will bring.

Timely is the final requirement of the **SMART** principle. Set a specific time limit, it will serve to head off the procrastination bug, and motivate you to complete the goal.

So remember to be **SMART** in your resolutions as you celebrate the New Year, and you will continue to see the positive effects year round.

C-130s

Continued from Page 1

bers of the 407th AEG, who put in hundreds of hours of labor creating a new subdivision in Tent City, performed maintenance operations on the flightline, created an ops squadron building, and stepped up to support the new residents of Tallil Air Base.

"I can't say enough about the hard work performed each and every day by this outstanding group," said Colonel Selby. "The Civil Engineers really went the extra mile providing the C-130 folks an exceptional place to work.

"Also, the Communications Squadron set up the communication support in a matter of days, the Logistics Readiness Squadron provided transportation, the Security Forces provided force protection, the Services Squadron created spaces in tent city for them to live and our Contracting Squadron came through with purchasing a significant amount of material and equipment," he said. "I'm very proud of everyone's effort."

Once the dust settles, the C-130 units look forward to continuing their flying operations from a new home.

According to Colonel Dagher, Tallil offers a number of both obstacles and opportunities for the flying units.

"Tallil can be a challenge for our crews and maintainers," he said. "The weather here can be a concern at times, and obviously the facilities aren't as nice as the ones back home.

"The workload isn't going to be easy either – we are the planes tasked to fly into those locations where they don't want to send other aircraft," Colonel Dagher said. "But we're trained, ready and equipped for the mission.

The 777th EAS, also known as the Dueling Dragons, is one of the most experienced flying units in the AOR.

"Our unit has been deployed every day since the start of the war in March, 2003," Colonel Dagher said. "I'm confident we'll continue to get the job done here at Tallil, just like we have at Manas, Oman and Kuwait before."

"But the one thing I've found here more than any other place we've seen is a sense of family among all the units," he said. "Everyone, from the people at the dining hall, to the person who makes our line badges, has made us feel at home at Tallil. With support like that, I'm confident we'll have no problem completing our missions."



Photo by Gerry J. Gilmore

President Bush helps United Service Organizations volunteers pack items destined for holiday delivery to U.S. troops deployed overseas.

Bush Pitches in With USO Volunteers

By Gerry J. Gilmore

American Force Press Service

FORT BELVOIR, Va. – President Bush and first lady Laura Bush helped United Service Organizations volunteers here pack items like snacks, phone calling cards and messages of support destined for holiday delivery to U.S. troops deployed overseas.

The president and Mrs. Bush spent about an hour Dec. 10 inside a warehouse at this base near Washington filling Operation USO Care Packages alongside 90 civilian and military volunteers lined up across both sides of two long tables.

Afterward, the commander in chief and honorary USO president remarked that he'd been pleased to participate in the organization's "assembly line of compassion."

Bush noted that his grandfather, Prescott S. Bush, was the USO's first president and chief executive officer. Therefore, it was "only fitting," Bush remarked, that he come down to the base to work on the USO's assembly line.

Bush recognized Mary Jo Myers, wife of Joint Chiefs Chairman Air Force Gen. Richard B. Myers, who was in attendance, and thanked the gathered USO volunteers for their efforts in supporting U.S. military members.

"You can't ever thank the troops enough," Bush asserted. Operation USO Care Package "is one way of saying, 'America appreciates your service for freedom and peace and her security.'"

Troops should know USO packages are

accompanied by "a lot of support and a lot of affection" from loved ones, Bush noted, as well as the best wishes sent from strangers.

Army Col. Evin Planto and his wife, Lynette, a USO volunteer, helped the Bushes and the others fill packages. Planto, currently on leave from duty in Baghdad, noted that deployed U.S. troops appreciate the USO packages.

Planto said he delivered USO packages to U.S. Marines just before they took the offensive against insurgents in Fallujah in early November. The Marines "really liked" the packages, he said. Planto noted he was slated to return to Iraq in two weeks or so.

Bush acknowledged the pain of separation experienced by many military families today, especially during the holidays. "We ask for God's blessings, not only on our troops who are overseas, but we ask for the Lord's blessings on our family members," the president said.

About 485,000 overseas troops have received Operation USO Care Packages, Bush noted, since the program was installed nationwide in September 2002.

Americans, the president pointed out, are living in historic times. "The world is changing," Bush said, "and as it changes as the world becomes more free, America becomes more secure, and the peace we all long for becomes more real."

It's customary to count one's blessings during the holiday season, the president noted. And one of the biggest blessings he said American citizens have "is the United States military and their families."

Saddam Hussein's Capture: One Year Later

'We got him!' Ambassador L. Paul Bremer III, Dec. 14, 2003

By Donna Miles

American Forces Press Service

WASHINGTON—One year after U.S. forces found him hiding in a “spider hole” near his hometown of Tikrit, former dictator Saddam Hussein remains imprisoned at an undisclosed location awaiting his trial on charges of war crimes and crimes against humanity.

Saddam is in the physical custody of Multinational Forces Iraq officials, although the Iraqi interim government maintains legal custody, according to Air Force Maj. Michael Shavers, a DoD spokesman.

The former dictator faced an Iraqi investigative judge July 1, and will be tried according to Iraqi law, Shavers said. A panel of Iraqi judges is set to determine his fate at the Iraqi Special Tribunal.

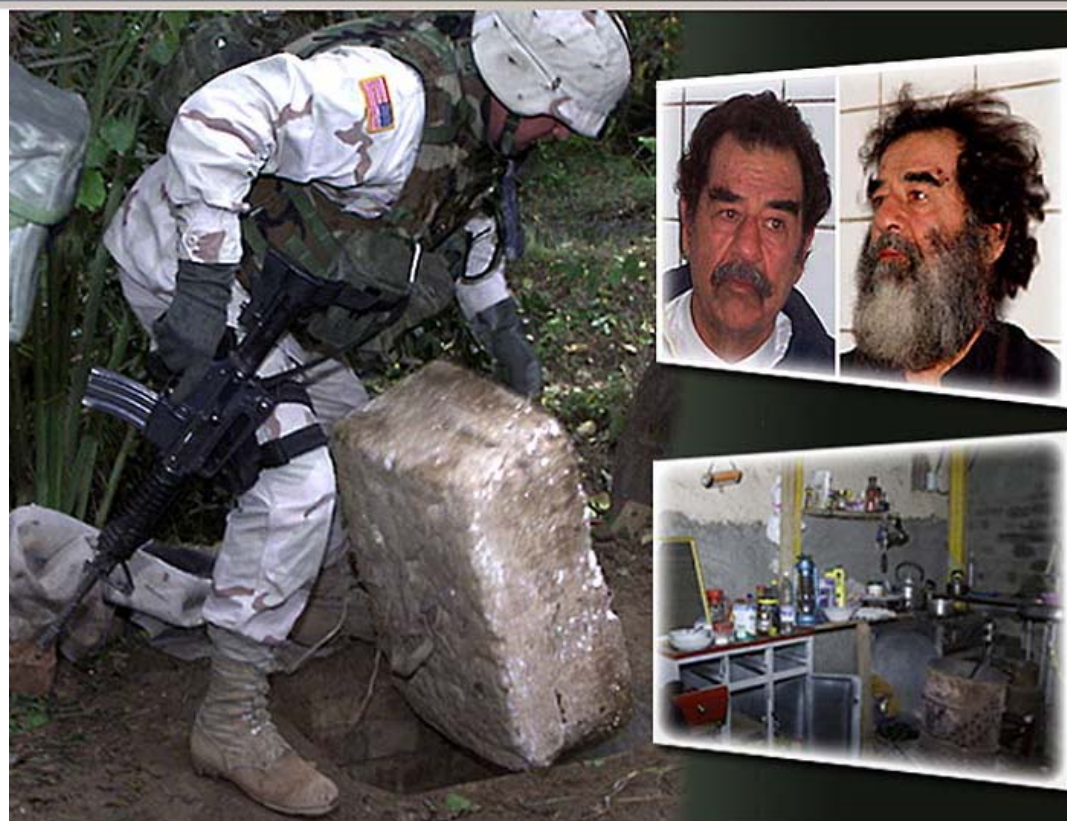
Saddam's status as an enemy prisoner of war ended after an Iraqi judge notified him June 30 that he was facing criminal charges under the Iraqi criminal code, Shavers said.

The International Committee of the Red Cross has visited Saddam twice since his capture by U.S. troops on Dec. 13, 2004, on Feb. 21 and April 27, Shavers confirmed. Officials say he is receiving appropriate medical care and is in good health.

The upcoming tribunal will bring closure to more than three decades of brutality by the former dictator, who has been linked to hundreds of thousands of Iraqi deaths.

Removing him from power was a major objective of Operation Iraqi Freedom, due to the threat he posed not only to the Iraqis, but also to the region and the United States.

One year ago today, Ambassador L. Paul Bremer III uttered



A member of 1st Brigade Combat Team lifts a styrofoam lid covering the hole where former Iraqi President Saddam Hussein was hiding in the village of Ad Dawr, Iraq, on Dec. 13, 2003. U.S. Army Photo by Staff Sgt. David Bennett

three words that brought a close to the manhunt for the former dictator: “We got him.”

U.S. forces captured Saddam, who they found hiding in a manmade hole in the ground inside a remote hideaway near the village of Adwar.

About 600 members of the 1st Brigade, 4th Infantry Division, along with special operations forces, launched Operation Red Dawn after receiving intelligence that Saddam was in the area. A tip from someone inside the dictator's secret circle led U.S. forces to him.

Saddam, who had eluded coalition forces since the war began March 19, surrendered without resistance. No shots were fired during the operation.

He was discovered huddled with a pistol and \$750,000 in U.S. currency. Also with him were documents that outlined the

structure of Saddam's network and its financial network—information officials said offered valuable insights to coalition troops.

President Bush said on the day of the capture that it “marks the end of the road,” not only for Saddam, but also “for all who bullied and killed in his name.” He said during a televised address that the capture “was crucial to the rise of a free Iraq” and that it sends a clear message to Baathist holdouts in Iraq. “There will be no return to the corrupt power and privilege they once held,” he said.

Bush assured the Iraqi people that “a dark and painful era in the history of Iraq is finally over.”

“You will not have to fear the rule of Saddam Hussein ever again,” he said. “The former dictator of Iraq will face the justice he denied to millions.”

Shortly after the capture, Army

Gen. John Abizaid, chief of U.S. Central Command, called Saddam's capture “a huge psychological blow” to the insurgency that he said “will pay dividends over time.”

“We've got a lot of fighting ahead of us,” Abizaid acknowledged. “But this is a big win for the young soldiers that made it happen, and for the young intelligence professionals that are smart enough to put the information together to lead us to the right place.”

During his Dec. 7 visit to Camp Pendleton, Calif., President Bush praised the Marines for their role in Saddam's capture. “You drove Saddam Hussein from his palace into a spider hole,” the president told a cheering crowd of Marines and family members. “And now he sits in an Iraqi prison, awaiting justice.”



Fresh troops tabbed for Iraq, Afghanistan

DoD identifies units who will deploy in 2005, 2006

By Kathleen T. Rhem

American Forces Press Service

WASHINGTON – The Defense Department Tuesday identified fresh troop units that will deploy to Iraq and Afghanistan between 2005 and 2006.

Some of the troops will be used to maintain a force level of about 138,000 service members in Iraq, DoD spokesman Larry Di Rita said at a Pentagon news briefing.

Those, he noted, don't include the 12,000 additional

forces deployed to assist security for the Iraqi elections in January.

"We're going to be at the current force level through the (Iraqi) elections," Di Rita told reporters.

The fresh troops deployed to Iraq will be used "to maintain this brigade structure that we're currently holding," Di Rita said, which consists of 17 brigades and three division headquarters.

The first new units earmarked for Iraq are slated to arrive in mid-2005, while other units are

slated to deploy there at various times through mid-2006.

Other fresh U.S. troops will be deployed to Afghanistan to maintain the current force level of three brigades and a division headquarters. There are now about 18,000 U.S. troops in Afghanistan.

The first units deploying to Afghanistan also are slated to arrive in mid-2005. Successive units will deploy at different times through mid-2006.

However, Di Rita noted, field commanders and the Pentagon

"could very well decide that while these units have been identified, we don't need them."

The new rotations, he pointed out, represent "prudent planning to identify those units so that we can then continue the assessment that will determine what the actual (troop) level might be."

A list of units identified for deployment to Iraq and Afghanistan is available in a DoD news release titled "DoD Announces OEF/OIF Rotational Units" on the department's Web site.

AROUND YOUR AIR FORCE

Drug tests increased in AOR

The Defense Department has increased drug testing for troops stationed in U.S. Central Command's area of operations, DOD officials said Dec. 10.

Mary Beth Long, deputy assistant defense secretary for counternarcotics, said the services have already increased the number of urine tests given in Afghanistan and Iraq.

The testing is especially needed in Afghanistan, officials said, where the "poppy problem" was even a portion of President Hamid Karzai's inauguration speech. Karzai pledged to work to stamp out poppy production.

Poppies produce opium, which laboratories refine further into heroin. DOD and CIA officials estimate that more than half of Afghanistan's gross national product is generated by the illegal drug trade.

"One of the lessons that we have learned from the Soviet occupation of Afghanistan is that those troops went back to Russia with a drug problem," Ms. Long said. "Our forces are obviously very, very different. We certainly have no expectation that they would suffer the same kind of issues."

But troops are under increased stress,

officials said, and the availability of a potent drug like opium or heroin could be a temptation. DOD officials said they do not want a repeat of experiences during the Vietnam War, when some servicemembers came home from that conflict addicted to drugs.

Ms. Long said there is very little drug use in the military, and that those "very few" who use illegal drugs abuse marijuana. Drug testing will continue to be an important part of the demand-reduction effort in the department.

She said that servicemembers should be "extremely proud" and hold "their shoulders and heads higher" because they are part of the largest drug-free organization in the free world.

JAG corps offers accessions

The Air Force's Judge Advocate General Corps gives company-grade officers two opportunities during January through March to join their ranks.

The programs, the Funded Legal Education Program and the Excess Leave Program, allow active-duty officers to pursue law degrees without leaving the Air Force and then serve in the JAG Corps. Both programs, which provide the Air Force

with lawyers who already have a good understanding of the military, begin accepting applications in January, JAG officials said.

FLEP is a paid legal-studies program. Program applicants must be active-duty captains with between two and six years of active-duty service as of the first day of law school.

The ELP is an unpaid legal-studies program. Program applicants must have two to 10 years' active-duty service before entering law school. They must also be captains with less than three years of time in grade or below as of the first day of law school.

Both programs are very competitive. The overall 2004 selection rate for the programs was 18 percent, according to the JAG recruiting Web site.

Applicants must have completed all application forms and applied to a law school that has been accredited by the American Bar Association; however, acceptance into the school is not required at time of application.

Individuals must also receive their Law School Admissions Test results and complete a staff judge advocate interview by March 1.

AAFES pogs: Paper money with a practical purpose

By Army Sgt. 1st Class Amanda Glenn

AAFES Public Affairs

First off, you CAN spend them like real money, even if they look like board game currency. Second, if you don't get rid of them before heading back home, you can redeem them at any Army and Air Force Exchange Service (AAFES) store worldwide. Third, if you don't want them, give them to someone else, keep them as souvenirs or start a collection. Whatever you do, don't throw them away! Fourth, when in doubt, refer back to the first sentence.

Pogs – the small, round, coated-paper gift certificates issued by AAFES facilities supporting Operating Enduring and Iraqi Freedom in place of metal coins – have been given to Soldiers in lieu of metal currency since 2001.

“Normally, AAFES uses metal currency – quarters, nickels and dimes – provided by finance and accounting offices,” said Maj. David Accetta, AAFES Europe public Affairs officer. “However, because of the weight and the priority for shipping mission-essential items like food, ammunition, etc. the treasury department does not ship coins.”

Paper money weighs less than metal coins and printing currency is against the law, so, at the request of the Department of Defense, AAFES thought ‘outside the box’ and developed the Pogs to satisfy the requirement for change.

AAFES treats Pogs just like gift certificates. Although they aren't considered cash money – after all the U.S. government doesn't print them, they should be spent just like money.

As of today, AAFES has printed and distributed more than \$1 million worth of Pogs in denominations of .5, .10 and .25 cents. The first Pog designs were basic with only the monetary amount printed on them.

New designs include powerful images featuring Operations Iraqi and Enduring Freedom activities. A series of 36 designs that are both captivating and relevant to operations in the Middle East are currently in circulation.

“Although some people who don't understand them, throw Pogs away, lots of people use them as change,” Accetta said. “Some even take them home as souvenirs.”

Recently AAFES discovered that the Pogs were being sold on e-Bay as collector's items.

So the next time you receive change back at an AAFES

facility and the associate hands you a bunch of Pogs, don't throw them away. Spend them. That's what they're there for.

Since World War II, when service members deployed to a combat situation, AAFES wasn't too far behind them, bringing a touch of home.

From hygiene items and clothes to snacks and electronics, AAFES moves out front to improve the quality of life of our servicemen and women.

Today, AAFES has nine stores in Kuwait and 30 in Iraq, with about 450 associates deployed at any given time.

Those associates live and work right alongside the deployed troops. AAFES supports approximately 90 unit-run Imprest Fund activities that serve forward operating bases where it is too remote or the population isn't large enough to support a store. An Imprest Fund is basically a troop-operated store where the unit establishes an account and buys merchandise in bulk from AAFES and then sells that merchandise to troops at the same AAFES' prices.



Good habits can defeat food-borne illnesses

By Master Sgt. Don Perrien

407th AEG Public Affairs

An apple a day may keep the doctor away, but avoiding food-borne illness will help keep you out of the emergency room.

According to the 407th Expeditionary Medical Group's Public Health Flight, there has been a rise in the number of people suffering from symptoms of food borne illness including salmonella.

To help personnel deployed to Tallil Air Base avoid getting sick from their meals and snacks, the Public Health Flight is working on an outreach program to inform diners and food handlers about the dangers of improperly handled food.

"Our goal is to educate dining facility patrons, staff and contractors about food borne illness, and reduce the probability of an outbreak," said Staff Sgt. Daniel Arnold, 407th EMDG Public Health. "There are a number of simple things people can do to help protect themselves from becoming ill from their food."

One of the simplest preventive measures people can use to protect themselves is to wash their hands and keep them free of germs.

"Throughout the dining facility we share utensils while preparing our food, like the salad bar area or the pasta bar," Sergeant Arnold said. "This is one way, often overlooked, that people spread germs."

"Think about what your hands touch throughout the dining facility, like the door to the chiller for soft drinks and consider how many others have touched the same area," he said. "It is imperative that everyone washes their hands – it is not an option,



Photo by Tech. Sgt. Maria J. Bare

Simple habits, such as washing your hands before eating, can prevent the spread of food-borne illnesses. The Public Health Flight here at Tallil Air Base is currently conducting an outreach program informing diners and food service personnel about the hazards of poor food handling and preparation.

and that directive should be enforced more strictly in days to come."

Another preventive measure is simply eating food prepared and served at the right temperature.

"Hot foods should be served steaming hot and cold foods should be at refrigerator temperatures," Sergeant Arnold said. "The highest risk foods come from animal products and are the source of most of food-borne illnesses. This is the reason the dining facility no longer serves undercooked eggs or meats that are not well done."

People who do become sick from a food-borne illness should take care of themselves, and see a health care provider as soon as possible.

"If misery hits, diarrhea is dangerous because it can dehydrate your body," Sergeant Arnold said. "Give your body a day or two to solve the problem naturally."

The Public Health Flight suggests people who have the Tallil Trots start by drinking water, soup and tea. Then, try to start eating light foods such as, toast, rice or crackers. As always, people should seek medical attention if their diarrhea persists more than a few days.

"We're always ready to help people with their health needs," Sergeant Arnold said. "If anyone has any questions regarding food-borne illness they can call us at 459-0217 or come by our tent in the EMDG complex."

Know Your Enemy

What is Salmonella?

The *Salmonella* family includes over 2,300 serotypes of bacteria which are one-celled organisms too small to be seen without a microscope. Two types, *Salmonella* Enteritidis and *Salmonella* Typhimurium account for approximately half of all human infections. Strains that cause no symptoms in animals can make people sick, and vice versa. If present in food, it does not affect the taste, smell, or appearance of the food. The bacteria live in the intestinal tracts of infected animals and humans.

Salmonella bacteria have been known to cause illness for over 100 years. They were discovered by an American scientist, Dr. Daniel E. Salmon.

What is salmonellosis?

Salmonellosis, or a *Salmonella* infection, is the illness that can occur if live *Salmonella* bacteria enter the body, usually through eating foods containing the bacteria. Salmonellosis is one of the most common bacterial foodborne illnesses, but many cases could be prevented by proper food handling practices.



Information courtesy of USDA

407th AEG Warrior of the Week SSgt Daniel Alexander



Unit: 407th Expeditionary Civil Engineering Squadron

Home unit: 107 ECES, NY ANG, Niagara Falls, NY

Why other warriors say he's a warrior:

SSgt Alexander managed the installation of an \$80K Wide-Angle Surveillance Imager on top of an existing Iraqi watch tower. He designed, fabricated and installed a platform and support brackets for the camera and maintenance operations. His outstanding efforts were key to elevating security on the base perimeter. In addition, He provided welding services at transportation squadron for HUMVEE chassis hardening on three SFS vehicles. His quick response ensured timely maintenance completion and enhanced vehicle operator safety.

Most memorable Air Force experience: While on Active Duty, completing many construction projects at McChord AFB for the AMC International Rodeo.

Identify This



KNOW WHAT THIS IS? Each week, the "Tallil Times" staff takes a photo from around Tallil AB. If you can identify the object or item, shoot us an e-mail at: tallil.times@tlab.aorcentaf.af.mil. with "Identify This" in the subject block. The winner receives a prize and gets their name printed in the Tallil Times. Congratulations to Senior Airman Zach Coen for correctly identifying the photo in last week's newspaper of the light switch.

Wild Iraqi Safari

Termites



Few Tallilians realize it, but many termites are among us. And big ones at that.

Behavior: The termites we're discussing are subterranean termites. They are colonial insects and live together in large underground nests. Within the nest, termites have castes. The queen, larger than the other termites, lays the eggs for the colony. The worker termites are responsible for the labor. They feed the young and each other, maintain the nest, tunnel for food and groom the other castes. Soldier termites are larger than the workers and have stout mouthparts they use on their enemies. Both the workers and soldiers are blind. Termites eat wood or other products containing cellulose such as plant stems, paper or cardboard. From their underground nest, the worker termites forage over large areas to locate their food. If they locate food above ground they cover it in mud and feces to build a protective barrier in which they can feed. The mud tunnels protect the soft-bodied termites from dehydration as well as predators. Here at Tallil, objects encased in the termite's mud are common. We've seen termite mud covering stop-sign posts, cardboard boxes, plants, doors, tent stakes, paper towel tubes and newspapers.

If you learn to recognize the telltale mud, you'll soon see why we say termites are everywhere.

Did you Know. Termites obtain their nutrition from the cellulose in their food? The termite, however, cannot digest cellulose. To digest the cellulose, termites rely on microorganisms that live in the termites' stomachs. The microorganisms convert the indigestible cellulose into nutrients, and the termites then absorb the nutrients.

Column courtesy of John Ploch, Vector Control, KBR contractor and Lt. Col John Putnam, 407th Leishmaniasis Surveillance and Investigation Team.

OUT AND ABOUT



Worship services

Worship is at the 407th Air Expeditionary Group Oasis of Peace Chapel, unless otherwise noted. The chapel is open 24 hours a day for prayer and reflection. For details on worship opportunities, call 459-0006.

Sunday

8 a.m. Roman Catholic Mass
9:30 a.m. Traditional Protestant service
10 a.m. LDS service at the Army's Religious Activity Center
12:30 p.m. Air Force/Army Gospel service in the Big Top
6 p.m. Contemporary choir rehearsal
7 p.m. Contemporary worship service

Monday

6:30 p.m. Gospel service prayer time in the chapel resource trailer
6 p.m. Roman Catholic Mass
7 p.m. Experiencing God Bible Study in the Chapel Annex
7:30 p.m. Gospel choir rehearsal in the Big Top

Tuesday

7 p.m. Right of Christian Initiation of Adults in the Conference Room
7:15 p.m. Christian Leadership Bible study
8 p.m. Christian Discipleship Study. Call Marine Staff Sgt. Ross Hrynewych at 459-0761 for details.

Wednesday

5 p.m. Catholic Choir rehearsal
6 p.m. Roman Catholic Mass
7:30 p.m. Protestant Choir rehearsal
8 p.m. Purpose Driven Life Study in the chapel annex

Thursday

6:30 p.m. Catholic choir rehearsal
7 p.m. Right of Christian Initiation of Adults in the Conference Room
7 p.m. LDS study in the Army Religious Activity Center
7:45 p.m. Gospel service Bible study

Friday

11:45 a.m. Islamic prayer at the RAC, call 833-1154 for info
6 p.m. Roman Catholic Mass
7:30 p.m. Gospel choir rehearsal

Saturday

6 p.m. Vigil Mass
7 p.m. Contemporary choir rehearsal



ESVS Presents Just for fun

Tonight, Combat Bingo,
 7:30 p.m. in the Big Top

Saturday, Air Hockey
 at 8 p.m.

Sunday, UNO at 2 p.m.

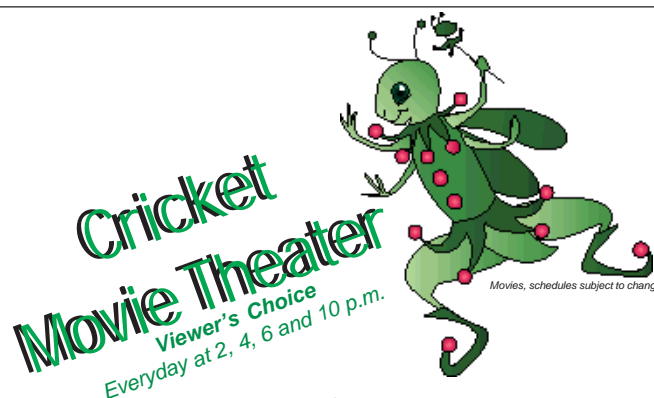
Monday, Bid Whist
 at 8 p.m.

Tuesday, Ping Pong at 8 p.m.

Wednesday, Hearts, 8 p.m.
 Spades at midnight

Thursday, Stick Hockey
 at 8 p.m.

December 24,
 Christmas Eve Ecumenical Service at 7:30 p.m. in Big Top



Today

Noon, Miracle on 34th Street
 8 p.m., Christmas Vacation
 Midnight, Christmas Vacation

Saturday

Noon, A Christmas Story
 8 p.m., How The Grinch Stole Christmas
 Midnight, How The Grinch Stole Christmas

Sunday

Noon, The Santa Clause
 8 p.m., The Santa Clause 2
 Midnight, The Santa Clause 2

Monday

Noon, Miracle on 34th Street
 8 p.m., A Christmas Carol
 Midnight, A Christmas Carol

Tuesday

Noon, Planes, Trains, and Automobiles
 8 p.m., Jingle All The Way
 Midnight, Jingle All The Way

Wednesday

Noon, The Grinch
 8 p.m., A Charlie Brown Christmas
 Midnight, A Charlie Brown Christmas

Thursday

Noon, Christmas Vacation
 8 p.m., A Christmas Story
 Midnight, A Christmas Story

Dec. 24th

Noon, How The Grinch Stole Christmas
 8 p.m., The Santa Clause
 Midnight, The Santa Clause

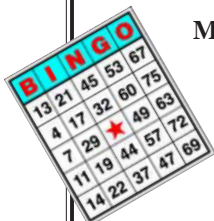




Photo by Airman 1st Class Jeff Andrejick

Dodgeball season enters home stretch

By Master Sgt. Don Perrien

407th AEG Public Affairs

Eleven teams are slugging it out in the Tallil Tent City Intramural Dodgeball League.

More than half the teams sport winning records led by the Fire Department's perfect 4-0 record.

The Tuesday night league has two weeks remaining, on an admended schedule leading to the playoffs.

According to the Muscle Beach staff, managing the league has been quite an experience. The Tallil league is the first of its kind in the AOR.

"The hardest challenge has been keeping everyone interested," said Staff Sgt. Lathena Jones, 407th AEG sports director. "Dodgeball is not an established sport like basketball or football, where you have die hard fans. So we're just trying to find out if were playing too many games or not enough."

Following completion of the current schedule and make up games, the Muscle Beach staff hopes to start the league's playoffs before the new year.

Today, Dead Lift Contest
at 6 p.m.
Karate, Kenpo/
Aikido, 10:15 p.m.

Saturday, Horseshoes Doubles
Tourney, 2 p.m.

Sunday, Open Gym

Monday, Karate, Kenpo/
Aikido, 10:15 p.m.

Tuesday, Intramural
Dodgeball, 6 p.m.

Wednesday, Hoops Challenge
at 5:30 p.m.
Karate, Kenpo/Aikido, 10.15 p.m.

Thursday, Open Gym

Dec 24. Strongman Contest at 6 p.m.

Muscle Beach Events



Intramural Dodgeball Standings

(As of December 15th)

FD	4	0
ECES 4	4	1
ECES 1	4	1
AEG	3	1
ESFS	3	1
ECES 3	3	2
ELRS	2	2
ECS 1	2	2
EMEDS 1	2	3
ESVS	1	4
ECS 3	1	4

